

Activities for
All Ages!

4 Ways to
Register!



Summer Activity Guide

April-August 2011




BEST SUMMER EVER!



*Visit our
website*

**WWW
SWPARKS
ORG**

Outdoor Activities | Senior Classes
Fitness & Sports | Special Events
Music & Art | and much more!

	Acreage	Parking	Nature Trails	Lake	Lake Swimming	Boat Ramp	Fishing	Play Structure	Horse Trail	Basketball Court	Soccer Fields	Baseball & Softball	Athletic Fields	Bicycle Trails	Picnic Area	Toilets/Restrooms	Programs	Reservable Space	BBQ
Community Park	•	•	•					•		•	•	•	•	•	•	•		•	•
5475 Maxwelton Rd, Langley																			
Sports Complex	•	•	•					•			•		•		•	•		•	•
5598 Langley Rd, Langley																			
Trustland Trails	•	•	•						•					•	•	•		•	
Craw Road & Hwy 525, Langley																			
Deer Lake Public Beach	•	•		•	•	•	•								•	•			
4330 Bucktail Lane, Clinton																			
Lone Lake Public Beach	•	•		•		•	•								•	•			•
5075 Lone Lake Rd, Langley																			
Goss Lake Public Beach	•	•		•	•	•	•								•	•			
5235 Lakeside Dr, Freeland																			
Recreation Center & Offices	•	•	•													•	•	•	
5475 Maxwelton Rd, Langley																			

Contact Us

SWPRD Recreation Center & Offices

5475 Maxwelton Rd, Langley, WA 98260

Office Hours

Mon-Thu, 8:30AM–5:00PM; Fri, 8:30AM–4:30PM

Mailing Address

P.O. Box 136, Langley, WA 98260

Other

Phone: (360)221-5484; Fax: (360)221-7323

E-mail: swparks@whidbey.com

Website: www.swparks.org

Office Closures May 30; July 4; September 5

Staff

Terri Arnold, Director

(360) 221-6488 dirlswprd@whidbey.com

Tom Fallon, Facilities & Maintenance

(360) 221-7181 trfallon@hotmail.com

Peggy Hockett, Office Manager

(360) 221-5484 swparks@whidbey.com

Carrie Monforte, Program Coordinator

(360) 221-6788 programs@whidbey.com

Disclaimer: South Whidbey Parks and Recreation programs are NOT sponsored by the South Whidbey School District or the Coupeville School District, and the South Whidbey School District and Coupeville School Districts assume no responsibility for the conduct or safety of the activity. In consideration for the privilege to distribute these materials, the South Whidbey School District and the Coupeville School District shall be held harmless from any cause of action, claim or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees and judgments or awards.

Facility & Field Reservations

Anyone wishing to make a reservation must fill out a facility use request form, available on our website and at our park office.

Requests are filled on a first-come basis, depending on availability. Facility rental fees may apply. For additional information about availability and rates, contact the SWPRD office.

Sports Fields

For your athletic needs, SWPRD has softball, baseball, soccer and grass fields available. While use is usually free of charge, we do require advance reservation. Scheduling information for leagues, tournaments and individual teams is available by calling (360)221-5484.

Facilities

You can now rent or reserve space for parties, meetings, classes, special events and more at our new recreation headquarters at 5475 Maxwelton Road, Langley. The former SWPRD office (the Crow's Nest) at Community Park is also available.

Picnic Shelters

Our 3 picnic shelters at Community Park and the Sports Complex are available for reservation for your party or event. Although shelter use is usually free of charge, we do require advance reservation. Picnic shelters can accommodate 45-75 people.

Other Local Parks

Island County Parks

Includes Maxwelton Beach, Dave Mackie Park, Dan Porter Park, Freeland Park & Hall, Mutiny Bay Boat Ramp, Double Bluff, Marguerite Brons Memorial Park, Putney Woods, and Baby Island Hts. (360)679-7373

Washington State Parks

Includes South Whidbey State Park, Fort Casey, Fort Ebey, Joseph Whidbey, and Deception Pass. (360)902-8844

Port of South Whidbey

Includes Possession Beach Waterfront Park, Langley Boat Harbor, Bush Point Boat Launch, Mutiny Bay Facility, and Clinton Beach Fishing Pier. (360)331-5494

MISSION STATEMENT

The mission of the South Whidbey Parks & Recreation District is to provide all residents and visitors in the district a variety of recreational activities and facilities. This should be fun and safe and be well integrated into our island community and environment. It should also be educational and healthful, providing opportunities for individuals and our community to play well together. It is our mission to best achieve this through community participation.

Registration Information

- Advance registration is required for all programs unless otherwise stated.
- All fees are due at the time of registration.
- All programs have a minimum and maximum enrollment. We request that you register in advance to ensure class minimums are met.
- We reserve the right to cancel a program if minimums are not met.
- There is a \$25 service charge on all returned checks.
- Please use our general registration form in this guide for all programs unless otherwise indicated.
- Registration forms are also available online at www.swparks.org.

4 Ways to Register

Online

For your convenience, you may now register online for many of our programs, with no additional fees. Check out this new service at www.swparks.org.

By Mail

Send completed registration form and full payment to:
SWPRD, P.O. Box 136, Langley, WA 98260

Accessibility

Individuals with or without disabilities may register for all programs offered by South Whidbey Parks & Recreation District provided program safety can be met. The District provides reasonable accommodation for people with disabilities. Contact the SWPRD office three weeks in advance of the program start date to discuss accommodations. Reasonable accommodations will be determined on a case-by-case basis.

Stay Informed

Subscribe to our e-newsletter and receive regular updates on District happenings. Visit www.swparks.org and click on the square "Sign Up for News" icon on the right.

Advertising

The Whidbey Marketplace & News prints and distributes this publication 3 times a year. We welcome you to advertise your program or business along with us. For details, contact Penny Hill at (360)682-2341 or email penny@whidbeymarketplace.com.

By Fax

Fax completed registration form with credit card authorization. Fax to (360)221-7323. Call the office at (360)221-5484 to confirm receipt after faxing.

In Person

Walk in to our SWPRD office at 5475 Maxwellton Road, Langley, during our regular business hours.

Financial Assistance for Youth Programs

Financial assistance is available for many of our youth programs. Individuals and businesses like Whidbey Telecom donate generously to our youth scholarship fund. This is a needs-based program, designed to provide recreation options at no or low cost. Stop by the SWPRD office to fill out a scholarship application.

Make a Difference

Contributions are being accepted for SWPRD's Recreation Scholarship program. You can make it possible for a child/youth to participate in many of our programs which contribute to their health and physical and social development. Call us at 360-221-5484 or email swparks@whidbey.com to inquire about making a contribution.

Refund Policy

- Full refunds will be given for all classes cancelled by SWPRD.
- If you need to cancel your registration before the second session, we will refund your full registration, minus a \$5 processing fee, or issue a credit good for one calendar year, for the full fee. After the second session, a refund or credit will not be issued.
- To request a refund, a Refund Request Form must be submitted to the SWPRD office. Please be aware that refund requests may take up to 45 days to process.
- Refunds will not be issued from a credit.
- Refunds will not be issued for programs costing \$5 or less, unless cancelled by SWPRD.
- One day classes, trips, camps or special events are not covered under this policy (no refunds or credits available).
- Contracted programs have their own refund policies that we follow. Call for more information.
- Every effort is made to insure that the information in this brochure is accurate. We reserve the right to add, withdraw or revise programs/events as needed. For up to date information please visit our website.

Coupeville Community Ed

South Whidbey Parks & Recreation District and the Coupeville School District are cooperating to make educational and recreational programs available to all Whidbey Islanders. The CSD provides fun programs like art, sewing, and fitness classes through their Coupeville Community Education program. If you'd like to keep up with CCE programs and events, visit http://www.coupeville.k12.wa.us/community_education.html. For questions on CCE programs please email kandrews@coupeville.k12.wa.us or call (360)678-6222.

Board of Commissioners

The SWPRD Board of Commissioners meets the third Wednesday of each month at 7:00pm at the , South Whidbey Parks & Recreation Center, 5475 Maxwellton Road, Langley, Room 111. Commissioners are:

**Linda Kast • Jim Porter • Matt Simms
Allison Tapert • Don Wood**

South Whidbey Parks & Rec Registration Form

Mail registration form with payment to SWPRD, PO Box 136, Langley, WA 98260, or fax with credit card payment to 360-221-7323.
Call 360-221-5484 to confirm faxed registrations. You can also register online at www.swparks.org!

Participant Information					
Participant Name	Contact Phone	Alternate Phone	DOB / /	Age	Grade
Mailing Address	City	State	Zip	Gender	
Email	Check here to receive our e-newsletter. <input type="checkbox"/>		Youth: S M L Adult: S M L XL 2X Circle your shirt size (if applicable)		
Please list any health, behavioral or medical concerns		Physician Name			
Parent/Guardian Information (Required for youth only)					
Mother	Phone(s)	Father	Phone(s)	Relationship to Child	
Emergency contact other than parent who is permitted to pick up above youth.					

PROGRAM			
Program Title	Date or Session #	Start Time	Fee
			\$
			\$
			\$
			\$
			\$
Please consider donating to our scholarship fund and add to your total. My donation \$			Total \$

WAIVER	
I agree to hold harmless the South Whidbey Parks & Recreation District, its officials, its employees and agents for any and all claims for personal injury and damage in which damage and injury is or appears to be proximately caused by my participation or the participation of the child for whom I am responsible in this recreation program. Furthermore, I hereby consent that images (photographs, video recordings, etc.) of me or my child engaged in above activities may be used for promotional purposes.	
Signed: (Parent/Guardian Signature Required for Youth)	Date:
Checks should be made payable to SWPRD. Now taking online registration at swparks.org !	
To Pay by Credit Card	
Card Number	CVV # (Found on back of card)
Name on Card	Expiration Date
Signature	Total Fee

How did you hear about this program?

☐ Web Search
 ☐ Activity Guide
 ☐ Email
 ☐ Flyer @ School
 ☐ Newspaper
 ☐ Other: _____

For Office Use

Method

Rec'd By

Date

Amount

Receipt #

CAMP WHIDBEY SUMMER DAY CAMP

(Youth Ages 6 - 12 Years) Come along with us as we take a journey through summer with fun, positive experiences, and outdoor discovery! Experienced and enthusiastic staff will provide a great week for each camper. Safe fun is our first priority! Each of the themes is very different, so check out the excursions and activities and sign up for more than one! For field trips outside of South Whidbey we will take the Whidbey Express (our 21-passenger bus). For field trips within South Whidbey, parents may be asked to drop kids off/pick up at field trip locations. Detailed information will be available on our website prior to each week of camp. Most camps are based out of beautiful Community Park and our awesome new recreation center. Field trips and fees subject to change based on availability. Step on up for an extraordinary summer of fun! A one-time registration fee of \$10 includes a camp t-shirt. Limited needs-based scholarships are available for Day Camp, provided by Whidbey Telecom.

All-Sport Camp

Tue - Fri, July 5- 8, 9:00AM - 3:00PM, \$115

Do you love sports? Do you want the ability to play sports all week long? If you answered yes to either one of the questions, then this is the camp for you. Join us for a week of basketball, baseball, soccer, archery and much, much more. The highlight of this week will be a trip to see the Everett AquaSox face off against the Salem-Keizer Volcanoes on Wednesday, July 6th. Registration deadline is June 24.

Fun In The Sun

Mon - Fri, July 11 - 15, 9:00AM - 3:00PM, \$115

Get out and enjoy the sunshine with a week of outdoor activities. We'll be outside riding our bikes on the local trails, trying our hands at archery and playing in the sprinklers. Our craft this week will be sculpting creations using terracotta clay! On Friday we will have camp at Goss Lake and go canoeing, so be ready to get wet!

Circus Kids

Mon - Fri, July 18 - 22, 9:00AM - 3:00PM, \$200

(For this week only, our age range is 8 - 14) The circus is coming to town! Well, not quite, but if you are looking for the opportunity to learn different circus acts and skills then come sign up! Jason Quick, a professional performing artist, will be coming for the full week to teach skills like juggling, unicycling and even stilt walking! Every camper will get their own set of juggling balls to take home and keep to practice with. Jason will also be bringing his very own circus tent for us to practice and perform in. During the week you will create circus acts that will be performed for your parents on Friday. Registration deadline is July 8.

Slipping & Sliding

Mon - Fri, July 25 - 29, 9:00AM - 3:00PM, \$120

Here comes a week of water. We'll be playing games with water, running through the sprinklers and sliding down our 50 ft. slip 'n slide. Bring your own water sprayer from home for a camper vs. counselor water fight. Plan on doing some tie-dye this week so bring items to tie-dye (must be 100% cotton). If you love water, you won't want to miss out!

Down By The Bay

Mon - Fri, August 1 - 5, 9:00AM - 3:00PM, \$120

Come enjoy a new beach each day. We'll go canoeing in Goss Lake, exploring Double Bluff beach and swimming in Deer Lake. We'll end the week with a visit to the Rosario Beach Tide Pools at Deception Pass and learn about some of the local marine life living in them. Please note, drop off and pickup locations will vary each day.

*Camp on Friday will be from 9am to 4pm, pickup will be at the Parks Office

Wild, Wild West

Mon - Fri, August 8 - 12, 9:00AM - 3:00PM, \$122

For all you cowboys and cowgirls out there, this is the week to polish up your boots and dust off your hats because we're re-visiting the Wild West. This summer the Gold Rush reached Whidbey so come join us in panning for gold; who knows you may just get lucky. This week, we'll be pounding out leather pouches, and making Native American style dream catchers. To top the week off, you'll get to visit the M-Bar-C ranch to ride horses and explore their Wild West town.

Classes at Bayview

SWPRD is partnering with Senior Services of Island County to offer information about their classes, which may be of interest to our readers. You don't have to be a senior to join in the fun at Bayview Senior Services. To register for these programs contact the South Whidbey Bayview Senior Center. Call (360)321-1600 to learn about classes, trips that'll enlighten, educate and entertain you. Visit www.islandseniorservices.org for more information. The first price listed is for SSIC members, the second is for non-members.

Car Care for Women (and men secure enough to ask)

When it comes to cars, surveys show that women's top concerns are 1) breaking down and 2) getting ripped off. This day of fun and information is about making informed decisions regarding all aspects of car ownership, including knowing your car's critical parts, when to schedule and do certain things, how to keep your car happy and, when it's not, how to determine if the ailment is serious and how to find a great repair shop and save hundreds of dollars. Local car experts will be on hand to answer questions. Taught by Ed Jenkins, who has 40 years in the automotive business.

Sat, Apr 16, 9:00AM - Noon, FREE to public but advance registration is necessary.

Line Dancing - Great Fun!

This class is great fun even if you've never danced before. Line Dancing builds concentration and stamina, as well as community and your sense of humor. Don't be shy. Come in and shake your booty with this great workout for brain and body! Registration and payment due before first class each month.

Wednesdays, Monthly, 10:00 - 11:30AM, \$20/\$30 month or \$6/\$8 per session

Camlann Medieval Festival

The lord of Camlann has invited us to attend his summer village festival, all with theatre, knightly combat, music, crafts, archery, swordplay, minstrels, and victuals. Come to Somersetshire, ancient realm of Arthur the king, as our morning trumpet & charter proclamation open the village gates upon the colorful world of Chaucer's England in 1376. Registration deadline: August 5.

Sat, Aug 20, We will depart at 10:00AM and return at 7:00PM \$40/\$50 (Includes bus and ferry only. \$6 admission & lunch are on your own.)

FREE Coffee Drink



Courtesy of **Whidbey Coffee**, the first 50 people who register in-person at the South Whidbey Parks & Recreation office for summer activities listed in this program, will receive a voucher for one **FREE WHIDBEY COFFEE DRINK!**

Take your completed registration form, found on page 4, and turn into the South Whidbey Parks & Recreation office located at 5475 Maxwellton Road in Langley. Office hours can be found on page 2.

Limit one per person/registration • Voucher redeemable at any Whidbey Coffee location

www.swparks.org



It's time to set your watches for...



7:10:2011

★ ★ The 4th Annual ★ ★

LANGLEY HALF MARATHON & 10K WALK on beautiful Whidbey Island

Out-and-back USATF-certified course along the rolling waterfront overlooking Puget Sound's Saratoga Passage. Chip timing, awards 3-deep, water stops every 2-3 miles.

Enjoy the Choochokam Arts Festival on race weekend!



www.langleyhalfmarathon.com or call 425.876.0826

Beat the Heat Waterworks

If it's crazy hot outside we will turn on the waterworks (sprinklers) at Community Park for a quick afternoon cool-off and possibly set up our super-duper water slide. Youth must be supervised by parents/guardians and follow the rules that will be displayed by SWPRD staff. Those who participate consent to our standard waiver/release by participating.

Wed, Jul 27, 1 - 2PM, Free. Other days may be scheduled during extremely hot days; look for updates on our website and email notifications.

Family Contra Dance at the Park

A Family Friendly Dance on Father's Day

(All ages) You are invited to this 3rd annual family fun dance! Come out and enjoy this great activity for all ages, all abilities, all people! Pass on the word, it takes a community to make a community event possible... Music will be provided by the Swinging Nettles & Friends. This fun dance includes other fun activities and refreshments. We are also accepting food donations for the Good Cheer food bank. For more information call Kat Fritz at (360) 321-4311.

Location: Sports Complex (In the event of rain/inclement weather, the dance will be moved to Langley United Methodist at 301 Anthes Avenue).

Sun, Jun 19, 3 - 6PM, suggested donation of \$5 or \$15 per family

Whidbey Island Garden Tour

Garden lovers are invited to explore four of Whidbey Island's unique, beautiful residential gardens, some never before open to the public. Tickets go on sale April 1 via the website: www.wigt.org or you can purchase them at South Whidbey Parks & Recreation. SWPRD is one of the beneficiaries of funds raised by the tour. Check out their website for details.

Sat, Jun 25, 10AM - 4PM, \$20 per person

CONCERTS IN THE PARK



Artwork by Sue Van Etten

COMMUNITY PARK LANGLEY

Thursdays
6:30 - 8:00p.m.

Visit swparks.org for schedule



Head to Community Park for our FREE concerts! Bring a picnic or enjoy a meal from the concession stand, and enjoy the summer nights with a variety of music brought to you by South Whidbey Parks & Rec and local businesses. Call our office for rain-out updates. Location: Community Park, near playground.

FREE LIVE MUSIC

Whidbey Island Kayaking Company 800-233-4319



Specializing in guided tours and rentals on South Whidbey
Visit our website at: www.whidbeyislandkayaking.com

10% OFF*

*Must present coupon to receive discount.
1 coupon per person and/or family up to 10.
Restrictions may apply.



Chum Run 5K

Sun, June 5, 10AM Start

(All ages) Folks of all ages are invited to enjoy a 5K run or walk through the lovely clean and clear forest trails of Community Park. This lighthearted event has become a local favorite and has grown by leaps and bounds. Proceeds benefit SWPRD and the South Whidbey High School Cross Country team. Younger kids are invited to participate in our "Fry Run". Individual competitions and team costume contest. Youth must be accompanied by an adult. Participants receive a classic and classy Chum Run shirt (shirt availability is on a first come first serve basis). Registration opens at 9AM.

Location: Community Park, Langley

Fee: \$25 by June 2; \$30 day of race

Discounts! \$5 discount for students ages 18 and under. Ask about our family discount!



Photo by Dave Welton

Whidbey Island Triathlon

Sat, August 6, 9AM Start

(Ages 16 and up) The Whidbey Island Triathlon is great as a first triathlon and a fun event for veteran triathletes. The scenic course starts with a half mile swim in a beautiful South Whidbey lake. Leaving the lake on your bike, you'll begin the 19.5 mile ride through paved county roads. Finish with a 3.8 mile run through forest trails at Community Park and on county roads. Chip timing and friendly volunteers. This event has limited space and has filled up with a long wait list the past 4 years, so register early! Visit www.whidbeytriathlon.com for detailed information about the course and more. Find our print registration form online or register online at www.active.com! New to triathlons? Invite a couple of friends to form a relay team with you. Or, sign up for our Open Water Swim Clinics (see page 23) or the "Mini Mock Tri" and get support from knowledgeable folks there.

Location: Langley

Individual Fee: \$50 through May; \$65 through June; \$75 through July

Relay Team Fee: \$105 through 6/1; \$130 through 7/1; \$145 through July

Whidbey Adventure Swim

Sat, August 20, 9AM Start

(Experienced Swimmers, 18+) The Whidbey Adventure Swim (WAS) will be offered for the first time this year! Join us for a 1.2 or 2.4 swim in the sound out of Langley. The longer distance is equivalent to swimming the Clinton-Mukilteo ferry run or equal to the swim part of an iron man triathlon. This event is reserved for the more experienced swimmers. The W.A.S. is brought to you by the S.W. Masters, with support from the South Whidbey Parks and Aquatics Foundation. Email: info@swhidbeyparksandaquatics.org

Swimmer must be a current USMS member or purchase a one-day membership. Wet suits will be required for safety reasons. Exceptions will only be made for experienced cold water swimmers and must be approved by race committee in advance. The number of participants will be limited. For more information, please email openwaterinfo@swhidbey.org or visit the open water website at <http://ow.swhidbey.org/>.

Location: Seawall Park, Langley

Fee: TBA, see website



WHIDBEY ISLAND
SOAP
COMPANY



Classes & Parties for Adults and Kids
Have fun while making soaps, lotions,
bath fizzies & more...

We supply the place, instruction, materials
and even the cleanup, you supply the
smiles!



Children's parties scheduled Sundays
Adult parties scheduled evenings after 5:30
Drop-in classes every day
Adult classes Saturday afternoons
(Refer to website for class schedule)

107A First Street, Langley, WA 98260
www.whidbeyislandsoap.com
360-331-8214



HOPE Therapeutic Riding Center

Offering equine-assisted activities & therapy since 1986 for children and adults facing special challenges in their lives, whether physical, cognitive or emotional.

Summer Quarter is 1X a week for 6 weeks:

June 23 – July 28 at Island County Fair Grounds, Langley

June 21 – July 26 at HOPE Coupeville arena

Registration deadline: May 20th

Fall Quarter is 1X a week for 9 weeks:

Sept. 13 – Nov. 8 at HOPE Coupeville arena

Sept. 15 – Nov. 10 at Island County Fair Grounds, Langley

Registration deadline: July 29th

Winter Quarter is 1X a week for 9 weeks:

Starting 2nd week in January 2012. Sessions will be at M-Bar-C Ranch, Freeland and at the HOPE Coupeville arena.

Registration deadline: November 30th

HOPE is a NARHA member center and all instructors are NARHA certified in a wide variety of disabilities and horsemanship skills.

Contact us at (360) 221-7656 or hope@whidbey.com
Visit our web site at www.hope-whidbey.org

"Discover Your Abilities . . . Grab the Reins of Life!"

Women Learn to Row

Intro to the Sport of Rowing

(Adults 18+) Island Rowing Association will host this Learn to Row class for women. The sport of rowing is a lifelong form of exercise which can be included as part of an active, healthy lifestyle. Rowing is appropriate for all ages and ability levels. You will be rowing in a four person rowing shell on Holmes Harbor. Off-the-water instruction will teach basic rowing technique and individual coaching. Participants must be able to swim. To register, or for questions, visit www.islandrowing.org.

Location: Freeland Park

Sat, May 21, 8 - 9:30 AM, \$35

Co-Ed Volleyball

(South Whidbey)

(Adults 18+) Drop in for a pick-up game of volleyball with a great group of people. No volleyball on non-school days. Participation is at-your-own-risk, and by participating you consent to our standard waiver/release of liability. For information or possible schedule changes, call Amber O'Brien at (360)320-1757.

Location: South Whidbey High School Gym

Tue during school year, 6:30 - 8:30PM, \$FREE

Co-Ed Volleyball

(Coupeville)

(Adults and Youth 16+) Are you ready to play today? Enjoy a 2 hour workout while playing volleyball, improving your skills and having fun. We're serving up volleyball in Coupeville. Come enjoy a fun game with a great group of people. For more information contact, Robyn at rawynn91@yahoo.com.

**Location: Coupeville Middle School Gym,
501 S Main St, Coupeville**

Mon, Apr 11 - May 23, 6:30 - 8:30PM, \$20

Co-Ed Basketball

(Coupeville)

(Adults and Youth 16+) Basketball for the young at heart tips- off April 10th! Come to Coupeville for a fun workout and a game of basketball! For more information, please contact Sarah Stuurmans at sarah3-02@yahoo.com.

**Location: Coupeville Middle School Gym,
501 S Main St, Coupeville**

Sun, Apr 10 - May 29, 6:30 - 8:30PM, \$20



THE YOGA LODGE
ON
WHIDBEY ISLAND

"Visit us for a class
or retreat this
Summer! Join a
group or customize
a private visit."

360.678.2120

3475 CHRISTIE ROAD,
GREENBANK, WA 98253

INFO@YOGALODGE.COM
WWW.YOGALODGE.COM



Island Strings Summer Music Camp

Join us July 11th-14th, in Freeland, for a fun filled week of old-time fiddle music, song and art through the study of a stringed instrument. This year, we are excited to include Seattle musicians/teachers, Greg and Jere Canote who "bring back fun, vintage American music - including forgotten fiddle tunes, swing classics and quirky novelty songs." Full and half day options available. No experience necessary. For ages 3 to adult.

Register online: www.islandstrings.com or call Kat Fritz at 360-321-4311

6446 HARDING
CLINTON
near the ferry

MONDAY-FRIDAY
8:30-5:00

341-3504

mattsimporthaven.com



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Men's 35+ Basketball (South Whidbey)

Men ages 35 and up are invited to come out and play basketball with their peers. Whether you're a serious player or a rookie, this is your opportunity to get out and play. Refine your skills or get in shape! For information or schedule changes, call Jeff Chiarizio at (360)331-5545. Donations are always appreciated and go toward our Youth Basketball Scholarship Fund. Participation is at-your-own-risk, and by participating you consent to our standard waiver/release of liability.

Location: South Whidbey High School Gym

**Mon/Wed, During School Year,
6:30 - 8:30PM, \$FREE**

Co-Ed Softball League

Come and show us that you still have it! Get exercise and blow off some end-of-the-week steam at our softball league. Get a team together or get on the pick-up list and come out to play ball at the fields at beautiful Community Park. This is a clean, community oriented, alcohol-free league. ASA rules for softball will be followed. Emphasis is on healthful competition

in a recreational atmosphere. Umpires will ensure fair and spirited games. Teams may sign up online or on paper on our team roster form, available online or at the SWPRD office. Teams will play 1-2 games per evening, for a total of 16 games plus tournament. Teams may have one week without games. Games will take place sometime between 5:00 and 8:30PM. Mandatory Team Manager's meeting on Fri, June 24, at 6:00PM. Fees cover the cost of game balls, some practice balls, umpires, field reservation/maintenance, and tournament. Uniforms are not required or provided. Registration Deadline June 17th!

Friday Evenings*, 7/1 - 8/19, plus a tournament on Saturday, 8/27
Fee: \$225 per team plus \$35 per player (Maximum team fee \$725)

***Exception, games will be on Wed, Aug 3 instead of Fri that week.**

Golf Lessons

(Adults & older youth accompanied by an adult)
Bob Brown and Malcolm Ferrier will run this four-week golf program for new golfers, those wanting to tidy up their skills, and those returning to the game. We include three sessions on the power swing and one on the short game.

Bob and Malcolm give golfers the opportunity to learn this wonderful lifetime sport. A make-up session may be scheduled as needed due to weather conditions. This program fills, so register early! Max 8.

Location: Island Greens Golf Course

Sat, Apr 30 - May 21, 10 - 11AM, \$42

Archery

(Sessions for Grades 4 - 8) This archery club covers the history of archery, proper shooting techniques, equipment selection and training, and there will be plenty of hands-on fun! This course is designed to present the lifetime recreational activity of archery in a broad perspective for future use as a recreational and/or competitive pursuit. Coach Glen Harris has been a professional archery coach for over 27 years and currently holds the highest level earned degree awarded to archery coaches by USA Archery. He has been head coach for several World Archery and Paralympic teams and has been a professional archery coach and teacher since 1980. Location: SWPRD Rec Center. Archery will go rain or shine, under some cover, but dress for the weather.



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Junior Golf ~

Camp June 28, 29, 30 (Tues-Weds-Thurs) 1-3pm

\$75 ~ Includes two hours of instruction each day, snacks and beverages

Camp size limited to 30, ages 7-17

Gallery Jr. Golf League 6 Weeks, Weds., July 13 Kick-off
Clinics, Tournaments, Coaching, ages 10-17

Ladies Night June-August, Thursdays, 5:30pm

\$15 Clinic ~ Play golf, Includes snacks and beverages, June 2nd kick-off

Senior Wednesdays starting in May

\$33 guests, \$21 military ~ 60 years & older, includes golf cart



For details, call Mike Fields,
PGA Professional (360) 257-2178



Demo days: April 22 - Adams & Ping 12pm to 5pm,
May 7 - Callaway 11am to 4pm, May 9 - Wilson 12pm to 5pm,
May 13 - Cleveland 11am to 4 pm.

Archery Grades 4 - 5**Mon/Thu, May 2 - 26, 3:45 - 4:45PM, \$60****Mon/Thu, Jun 6 - 30, 3:45 - 4:45PM, \$60****Mon/Thu, Jul 11 - Aug 4, 3:45 - 4:45PM, \$60****Mon/Thu, Aug 8 - Sep 1, 3:45 - 4:45PM, \$60****Mon/Thu, Sep 12 - Oct 6, 3:45 - 4:45PM, \$60****Archery Grades 6 - 8****Mon/Thu, May 2 - 26, 2:45 - 3:45PM, \$60****Mon/Thu, Jun 6 - Jun 30, 2:45 - 3:45PM, \$60****Mon/Thu, Jul 11 - Aug 4, 2:45 - 3:45PM, \$60****Mon/Thu, Aug 8 - Sep 1, 2:45 - 3:45PM, \$60****Mon/Thu, Sep 12 - Oct 6, 2:45 - 3:45PM, \$60****Adult Sailing Classes**

Come feel the wind on your face, breathe the fresh air and learn how those little boats get from place to place using only the wind. It's easy and fun. We know it's one of those things you've always wanted to do - so do it now!! Two sessions of the US Sailing Course for Beginning Sailing are being offered by the South Whidbey Yacht Club.

The classroom orientation is not mandatory, but it will enhance your learning experience and give you more confidence when you get out on the water for the first time. After the orientation, on-the-water instruction in 12 ft. SF Pelican sailing dinghies at Lone Lake will start. Our Head Instructor is US Sailing certified and will

be assisted by experienced dinghy sailors. More details are available online at www.swparks.org.

Classroom Orientation at SWPRD Room 111**Tue, Jun 14, 10:00AM to Noon****On-the-Water Instruction at Lone Lake****Tue/Thu, Jun 14 - 23, 1:00 - 3:30PM, \$200*****Tue/Thu, Jun 14 - 23, 4:00 - 6:30PM, \$200***

*SWYC members receive a \$50 discount.

Model Rockets

(Youth ages 9 - 13 years, younger welcome with an adult) Create and launch your own model rockets! On Tuesday and Wednesday we will assemble and finish a complete 20-inch model rocket. Thursday will be launch day, when you are encouraged to bring a camera along to document your rocket's first flight! Rockets will be made from a cardboard tube, with balsa wood fins, and powered by a "B" or "C" Estes model rocket motor. The rockets have parachute recovery, so the student may take rocket home.

Location: SWPRD Recreation Building**Instructor: Leonard Good****T/W/Thu, 7/12 - 14, 10 - 11:30AM, \$35***

*An additional \$5 materials fee is required and paid directly to instructor at the first class.

Clam Digging 101**Diggin' for Dinner**

(All Ages, Youth with an Adult) Get out of your shell! We will lead an informational and hands-on workshop on clamming in our area. Learn about gear, harvesting regulations, where to go, and practical how-to lessons. We'll end the event sampling steamed clams. You'll take home your clam treasure, a clam/crab/shrimp measuring tool (one per family), and yummy recipes for serving up your goodies. Kids will play a round of beach bingo and compete in a mini crab race. Bring weather appropriate clothing, a water bottle, a bucket, and a small shovel or hand cultivator for each person wanting to harvest clams. Limited space available. Register by Apr 20. Fee includes group 1-day fishing license.

Location: Scatchet Head private beach and picnic shelter at 3742 Driftwood Dr, Clinton

Sat, Apr 23, 2:30 - 4:30PM, \$5**Playscape**

A parent-child playdate. Visit www.swcommons.com for information.

**Mondays & Fridays, Jan 7 - Jun 27,
9:30 - 11:30AM, \$FREE**

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YOGA: AGES 9-12
JULY 25-28 ~ \$225**

**DANCING GOAT
YOGA: AGES 12-16
AUGUST 1-5 ~ \$255**

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Teen Yoga

(Middle and High Schoolers) Come as you are! Through various yoga techniques you will gain energy and strength, and learn to relax your body and mind. Learn traditional yoga poses, flow sequences, breathing, deep relaxation, meditation techniques and self-reflection. We provide a playful environment that supports self-esteem, body appreciation, and gives tools for stress management. Yoga mat (optional) and wear loose-fitting clothes. For details contact instructor Anne Petersen Mauk at (360)331-4087.

Location: The "Rec Room" at SWPRD

High Schoolers:

Mon, Apr 25 - Jun 13, 3:00 - 4:00PM, \$65

Middle Schoolers:

Thu, Apr 28 - Jun 2, 3:00 - 4:00PM, \$65

Intro To Tai Chi

(Adults & Youth 14+) Build strength, develop better balance, and improve overall well being with slow gentle movement and breathing exercises. Tai chi is a noncompetitive martial art that can take you "into the zone" – a state in which you feel at your personal best. Gain an introduction to the benefits and techniques of Tai Chi Chuan in the Sun style, and walk away in a calmer state of mind with tools to develop a personal practice. Almost anyone can learn tai chi and you can easily adjust the degree of exertion to suit your needs. Instructor: Sarah Birger, Email: taichi@whidbey.com

Location: SWPRD Rec Room, outdoors on warm evenings

Mon, May 2 - Jun 20, 6:30 - 7:30PM, \$80

Wed, May 4 - Jun 22, 6:30 - 7:30PM, \$80

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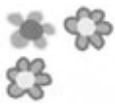
Performing artist, motivational speaker, & one-armed juggler, Jason Quick will bring his circus tent and 5 days of extraordinary circus fun and laughter to youth ages 8 - 14 years. Limited enrollment, so sign up early!

Monday - Friday
9:00a.m. - noon \$165

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WWW.SWPARKS.ORG (360) 221-5484



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Sports for Dogs: Scenting and Nose-Work

(Adults and Youth 14+) Keep your dog busy, tired, and happy with K9 nose-work! This fast-growing dog sport will teach you how to encourage and develop your dog's amazing natural scenting ability by using its desire to hunt and its love of food, toys, and exercise. This exciting detection-style activity is appropriate for dogs of any age, breed, size, or physical ability and handlers of all ages and abilities. For details about these classes, contact Georgia at K9nosework@whidbey.net or 579-1030. Location: SWPRD Rec Room. Instructors: Miriam Rose, CNWI, CPDT-KA; Georgia Edwards, Canine CV (If there are 5 or less dogs per class, the class will be one hour long; if there are 6 - 8 dogs, the class will be 90 minutes long. Dogs are worked individually).

Intro to K9 Nose-Work (K9NW1)

Get started now on this fun dog sport! No dog-training experience is necessary and each dog works separately, so this is a perfect class for dogs unsuited for a group class setting. The ability to conduct indoor searches makes the sport ideal mental & physical exercise for our rainy climate.

Sun, May 1 - Jun 5, 5:30 - 7:00PM, \$140/dog
Tue, May 3 - Jun 7, 1:00 - 2:30PM, \$140/dog

Continuing K9 Nose-Work (K9NW2A)

Expand the talents of your dog's nose, hone his hunting ability, and sharpen your handling skills so that when the search for odor is introduced, the dog's desire to play the game is strong and you'll have established good teamwork. We will start working in new environments and introduce blind hides to test the handler's knowledge and ability to read their dog. Prerequisite: Beginning Nose-Work.

Sun, May 1 - Jun 5, 2:00 - 3:30PM, \$140/dog

Sun, May 1 - Jun 5, 3:45 - 5:15PM, \$140/dog

After School Club

(For Grades 3 - 5) This fun after school program is made possible through a partnership between Island Athletic Club and SW Parks & Recreation District. Kids will be escorted to program from South Whidbey Elementary School. Our program will be a safe environment for kids to play, encourage fun, meet new friends, learn, foster imagination as a balance to screen time and send kids home healthy and tired!

Mondays/Wednesdays/Fridays

Includes pool time, Zumbatomic®, age-appropriate fitness activities using balls, bands, jump ropes, cones, and ropes. Location: Island Athletic Club pool & studio. Fee includes snacks & activities.

M/W/F Session 1: Apr 11 - May 11*, 3:30 - 5:30PM, \$190**

M/W/F Session 2: May 16 - June 17*, 3:30 - 5:30PM, \$190**

Families of kids who are members of Island Athletic Club will receive a partial rebate of fees directly from Island Athletic Club.

Tuesdays/Thursdays

Includes homework help, art, gardening, cooking, and trail projects. Location: SWPRD Facilities. Fee includes snacks, art supplies & field trips.

T/Th Session 1: April 12 - May 12*, 3:30 - 5:30PM, \$170**

T/Th Session 2: May 17 - June 16*, 3:30 - 5:30PM, \$150**

*There will be no program on 4/15, 5/13, or 5/30.

**10% discount if you sign up for Mon thru Fri.

I Love Sign Language

(All ages, children accompanied by an adult) If this language peaked your curiosity in childhood, then this is the class to tackle. It is an ever changing flexible language, which today has evolved into one of the richest languages in the world. Learn how to gesture, and use your hands and body movement. Basics in signing, common phrases, finger-spelling and numbers

Dancing on Whidbey Island

Enroll for our summer classes! See our recital in June at SWHS!

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will be taught. Moms teaching baby to sign, grandparents, preschool teachers, retailers, doctors all can become signers. It is beautiful, easy and lots of FUN! It is a wonderful feeling to be able to sign to a deaf person in our community. Instructor: Susan Ishikawa

Location: SWPRD Recreation Center, Room 111

Thu, May 5 - 26, 6:00 - 6:45PM, \$24

Thu, Jun 2 - 23, 6:00 - 6:45PM, \$24

Thu, Jul 7 - 28, 6:00 - 6:45PM, \$24

Thu, Aug 4 - 25, 6:00 - 6:45PM, \$24

First Aid / CPR Certification Course

(For Adults and Youth 14+) This course teaches you to effectively recognize and respond to emergencies in the critical first minutes until emergency medical services personnel arrive. This course will train you in American Heart Association CPR (for adults, children, and infants), First Aid, and AED training. Those that successfully complete the course will earn their AHA CPR/FA card that is good for 2 years. Instructor: Jon Gabelein, Firefighter, EMT, AHA instructor and Coupeville School District teacher.

Location: SWPRD Recreation Center, Room 111

Thu, Jun 30, 1:00 - 5:00PM, \$25

Beginning Guitar

(For Adults and Youth 16+) Have fun while learning how to play acoustic guitar! Gain a solid foundation and the tools to play thousands of songs using traditional and contemporary sources, in folk, country, gospel, blues and rock styles. Learn fundamental chords, progressions, strums and fingerpicking. By the end of this course, you will have the resources to play many songs in different styles. Loaner guitars are available, be sure to reserve one prior to the first class. Eight classes per session. Instructor: Quinn Fitzpatrick, quinnefitzpatrick@yahoo.com

Location: SWPRD Rec Room

Thu, May 5 - Jun 23, 6:30 - 7:30PM, \$115

Thu, Jul 7 - Aug 25, 6:30 - 7:30PM, \$115

Blues & Jazz Guitar

(Adults & Youth 16+, intermediates and advanced beginners, ideally having played for a year) Learn the basics of Blues and Jazz guitar: chords, scales and rhythms. Learn how to navigate up the fret board, chord melody, fingerstyle, funk, uptown blues and bossa nova. We'll cover standards and popular tunes. No note reading required but helpful. Music will be written in tablature

and standard notation. Please bring an acoustic guitar. This class will take your playing to the next level! Eight classes per session. Instructor: Quinn Fitzpatrick. Location: SWPRD Rec Room.

Thu, May 5 - Jun 23, 7:30 - 8:30PM, \$115

Thu, Jul 7 - Aug 25, 7:30 - 8:30PM, \$115

Intermediate Guitar

(For Adults and Youth 16+) Ready to take your playing to the next level? If you're solid in first position major and minor chords, then this is the course for you! Intermediate Guitar is geared towards folks who have some playing experience and would like either a refresher or to expand their playing abilities. This class focuses on developing fluidity in navigating the neck of the guitar while learning the basics of different styles. This course gives you the tools to play basic chord shapes and major scale patterns covering the entire neck of the guitar. Learn basic chord progressions fundamental to American roots and contemporary music, the five basic positions and major scale patterns. We will cover various picking styles, rhythms and music theory.

Thu, May 5 - Jun 23, 8:30 - 9:30PM, \$115

Thu, Jul 7 - Aug 25, 8:30 - 9:30PM, \$115



Forest Day Camp

July 18 - 22

9am - 3pm Monday - Thursday • 9am - 1:30pm Friday

\$200

Boys and Girls ages 6 - 9

Susan Milan (environmental teacher extraordinaire) and Mully Mullally (founder of the South Whidbey Children's Center) will nurture your child's curiosity, creativity and reflection as we explore the richness of the natural world around us through play, music, crafts, science, journaling, age-appropriate knife skills, and building with natural materials.

Grandparents Camp

July 25 - 29

9am - 12pm, Monday - Friday

\$150

"grands" and kids ages 3 - kindergarten year

Early childhood Grandteacher Mully Mullally and former Whidbey Institute Director Dianne Shiner invite you to come with your grandchild for a week of memorable experiences, supporting each pair (grandparent and grandchild) in developing a "sense of place and connectedness" in the woods of this magnificent land.



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Guitar Boot Camp

(For Adults and Youth 16+, Advanced Beginners) If you have been playing guitar and are for basic training on how to become a better guitar player, this workshop is for you! During this hardcore session you will learn guitar fret board logic, scales, practice exercises, fundamental chords and progressions, essential strumming and finger picking patterns. You will learn everything you should know to have a rock solid foundation in playing guitar! Then learn how to put it all to work with some group soloing and jamming at the end. Guitar Boot Camp is geared toward folks who have some playing experience and would like to take their playing to the next level. This course gives you the tools to play hundreds of songs in different styles. Songs will be derived from both traditional and contemporary sources. All materials included! Instructor: Quinn Fitzpatrick. Location: SWPRD Rec Room.

Sun, Apr 24, 3:00 - 5:00PM, \$50

Sun, Jun 26, 3:00 - 5:00PM, \$50

Bonus! Participants in our Guitar Boot Camp will receive \$10 off if they sign up for the next session of Blues & Jazz Guitar!

Intro to Guitar Workshop

(For Adults and Youth 16+) If you have been considering playing guitar and are ready to take a test run, this workshop is for you! During this introductory session, you will learn some basic chords and strums and be playing simple songs by the end of the workshop. In addition, you will learn some basic music theory. No note reading required! Introduction to guitar is geared toward folks who have no guitar playing experience whatsoever and would like to sample playing

guitar with a thorough, encouraging and patient instructor. This also makes a great refresher for those with some playing experience. All materials included! Loaner guitars are available upon request. Please register early to reserve a guitar. Instructor: Quinn Fitzpatrick.

Location: SWPRD Rec Room

Sun, Apr 24, 1:00 - 3:00PM, \$50

Sun, Jun 26, 1:00 - 3:00PM, \$50

Bonus! Participants in our Intro to Guitar workshop will receive \$10 off if they sign up for the next session of Beginning Guitar!

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Introduction to Botanical Illustration

(For Adults and Youth 16+) This workshop introduces students to the practices of botanical illustration from a natural science perspective. We will be primarily working with b/w mediums using graphite and pen & ink. Some color theory and mediums may be introduced. Draw Northwest flora while learning classification and identification. Some drawing experience is helpful and the course is open to all skill levels. Instructor: Quinn Fitzpatrick.

Location: SWPRD Rec Room

Sat, May 7, 3:00 - 6:00PM, \$75

Youth Sailing Camp

(Ages 10-15, Beginners and Intermediates) Don't miss out on this amazing opportunity to learn to sail! This day camp teaches kids the basics of sailing. Each student will be assigned their own boat. The course combines shore side learning with lots of hands-on, on-the-water sailing experience. In addition to sailing, students learn boating safety, basic seamanship and knot tying. The focus is on sailing and having fun. Each student must demonstrate the ability to stay afloat for 3 minutes without a life jacket. For complete and detailed information, visit our website at www.swparks.org or www.swyachtclub.org. This class is offered in partnership with the South Whidbey Yacht Club. The Head Instructor is US Sailing certified and will be assisted by experienced dinghy sailors. Sufficient staff will be on hand to ensure each participant receives personal attention. Our priorities are safety, then fun and learning. Location: the first morning we'll meet at the Useless Bay Golf & Country Club for swim test and orientation, then that afternoon and the rest of the days will be at Lone Lake.

Ages 10 to 13: Mon - Fri, July 11 - 15, 10:00am - 3:30pm, \$175

Ages 10 to 15: Mon - Fri, July 18 - 22, 10:00am - 3:30pm, \$175

Skimboard Camp

(Youth ages 7-15) Learn how to glide on the tide! Owners of "Jack'd Skimboards" and friends will be teaching the technique, skills and safety issues of skim-boarding at Double Bluff beach. This fun and growing water sport has been around since the 1920's and has only in recent years come into its own. It's a great sport you can do by yourself or with your friends, with low cost output, while enjoying the beautiful scenery of the beach. This 3-day, intensive camp will start with the basics of skim-boarding and

progressively build on the student's skills each day to give them a greater mastery of the sport. On the last day, students will celebrate with a pizza party and will receive a Jack'd Skimboards t-shirt. A skim-board will be provided if you don't have one. Space is limited so register now. Bring: Beachwear, change of clothes, towel, sunscreen and a lunch (except Thursday).

Location: Meet at grassy area next to parking lot at Double Bluff Beach.

Tue - Thu, Jul 12 - 14, 11AM - 1PM, \$80




NWLA Language Academy

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Supang Soccer Camp

(Youth ages 8 - 18 years) South Whidbey High School soccer star Joseph Supang will bring his pro soccer skills back to Whidbey Island! Players will learn the importance of developing good fundamentals and technique, an excellent work ethic, and strong level of commitment. This clinic will provide serious players the opportunity to progress their individual skills while offering a competitive and enjoyable environment. Skills covered: Individual's First Touch (dribbling, receiving, turning under pressure, passing); attacking (crossing & finishing, 1 vs. 1's, games to goal); and defending (1 vs. 1 defending, group defending, heading).

Supang was a member of the Seattle University men's soccer team, a professional player in Belgium, and member of the Botswana National Team. He has a Masters Degree in Sports Administration and Leadership, and is passionate about teaching soccer to players of all ages. Each player will receive a T-shirt and personal instruction. Each player should bring: soccer ball, water, and appropriate footwear/clothing.

Location: Sports Complex on Langley Road.
Email for questions: supangj@seattleu.edu

Mon - Fri, Jun 27 - Jul 1, 9:00 - Noon, \$120
Register by June 21.

Challenger British Soccer Camp

The #1 soccer camp in the US and Canada is coming to Whidbey again this summer! Challenger recruits the most talented coaches from Britain and provides each player with a positive experience. Participants will receive technical and tactical instruction in all areas of the game. British Soccer Camps provide players of all ages and abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts. Daily instruction includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Equally important, the Challenger coaching staff provides your child with lessons in respect, integrity, and sportsmanship. Campers receive a free camp shirt, camp ball, and personal player evaluation. Bonus: sign up online at www.challengersports.com by July 1st and receive a cool game jersey for FREE (plus S&H)! Bring snacks, drinks, shin guards & sunscreen.

Location: Sports Complex on Langley Road

Ages 6-10: M-F, Aug 15 - 19, 9:00AM - Noon, \$114*

Ages 11-16: M-F, Aug 15 - 19, 1:00 - 4:00PM, \$114*

*\$10 late fee for registrations received after 8/4. Campers who cancel 7 days prior to camp will be charged a \$30 cancellation fee; requests after the 7 days will not receive a refund.

Natural Science Camp

(Ages 6 - 10) Ever wondered... What makes a bird a bird? Why are creepy crawly insects so important to us and to nature? How are we connected to our environment? Come and learn about the world around you through projects, experiments, music, art, games, and more! Field trips: Maxwelton Beach, SW Community Park. Co-sponsored with Whidbey Watershed Stewards. Led by local science teachers and nature lovers, Lori O'Brien, Jane Grossman, and Kat Fritz.

Location: The Maxwelton Outdoor Classroom

Mon - Fri, Aug 1 - 5, 9:00AM - 1:00PM, \$100
plus \$10 supply fee due on 1st day to instructor

Falcon Basketball Camp for Girls

(Girls entering Grades 3 - 8) Participants will be coached by SWHS coaching staff and players during this 5-day camp. The primary focus of





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the camp will be skill development. Special attention will be paid to the instruction of proper shooting form and developing ball handling skills. The campers will also have the opportunity to compete against each other during the second half of each day during controlled scrimmage situations. This will be a fun opportunity to learn the game of basketball. Each camper will receive a camp shirt.

Location: South Whidbey High School Gym

Mon - Fri, Jul 11 - 15, 10:00AM - Noon, \$50
(Proceeds support SWHS Girls' Basketball)

Youth Rowing Camp

(Youth Ages 13 - 18) Island Rowing Association will host this introduction to the sport of competitive rowing. There will be four afternoon sessions at Lone Lake, and one session at Holmes Harbor. Students must be able to swim. The \$90 fee is for all five sessions and an Island Rowing T-shirt. To register or for questions, visit www.islandrowing.org. Instructors are US Rowing certified coaches: Carl Fjelsted, Bruce Schwager.

Tue - Fri, Aug 23 - Aug 26, 9:00 - 11:00AM,
and Sat, Aug 27, 8:00 - 10:00AM, \$90

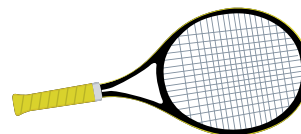
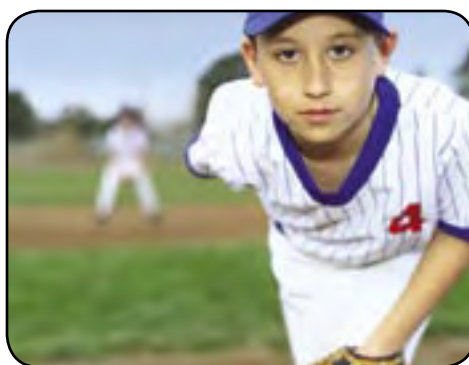


Pro Baseball Camp

(Ages 8 - 13 years) Under the direction of former professional baseball player and Atlanta Braves scout, Steve Goucher, (and staff), this camp provides quality instruction in throwing, hitting, and fielding. This camp will also include game situations and scrimmaging. Camp is well suited for all players, from aspiring to elite. Instructor Steve Goucher has over 15 years experience instructing baseball at all levels, and provided an excellent camp experience last year. Many of his students have gone on to play college baseball with a few playing now in the big leagues.

Location: Community Park Baseball Field #1

Mon - Thu, Aug 8 - 11, 10:00AM - 1:00PM, \$129



Family Tennis

(Adult and a Child, Beginner-Intermediate) Tennis is a great sport for family members to play together! Parents, grandparents and caregivers will learn the basics of tennis along with the children, AND they will learn age-appropriate activities to do with the kids later on. Kids love learning alongside their adult role models—and you'll love it, too! Instructors Teresa Wheeler and Karyle Kramer

Ages 5 - 7:

T/W/Th, Jul 5 - 7, 10:00 - 11:00AM, \$20

T/W/Th, Aug 2 - 4, 10:00 - 11:00AM, \$20

Ages 8 - 10:

T/W/Th, Jul 5 - 7, 10:00 - 11:00AM, \$20

T/W/Th, Aug 2 - 4, 10:00 - 11:00AM, \$20

Ages 5 - 8:

T/W/Th, Aug 9 - 11, 10:00 - 11:00AM, \$20

Discount: \$10 for additional sibling in same class. If there are kids in different age groups, contact the instructor for help deciding which class to take.

CATCH the WAVE



When: Registration and Preview Event Monday, July 18th 7-8:30pm
VBS July 19th-22nd

Who: Ages kindergarten (completed) - 5th grade

What: Bible stories, skits, prizes, games and snacks

Cost: FREE! FREE! FREE!

Where: 503 Cascade Avenue in downtown Langley

Questions? Call CMA (360)221-6980 or pre-register on our website at www.langleycma.org

Adult Tennis 101

(Adults, Beginners) Players who want to learn or review the basic strokes and components of the game will want to take this class. It's fun, interactive, and you'll be playing doubles by the final day! Get started now with this lifetime sport! Instructor Teresa Wheeler

Tue/Thu, Jul 5 - 14, 9:00 - 9:55AM, \$32

Tue/Thu, Aug 2 - 11, 9:00 - 9:55AM, \$32

Welcome Back to Tennis: Practice & Play

(Adults 50+, Advanced Beginner-Intermediate) Haven't picked up a racquet in years? Learned tennis in PE and haven't played in years? Meet friends and enjoy the health benefits of tennis through gentle exercises, games and skill building. Join us for tennis practice and doubles play geared toward the 50+ player. During this 6-week class you will rediscover the joy of playing tennis again.

Wed, Jul 6 - Aug 10, 6:00 - 7:00PM, \$50

Cardio Tennis

(Adults, Advanced Beginner-Advanced) Cardio Tennis is a fun group activity featuring drills to give players of ALL abilities an ultimate high-energy workout. Cardio Tennis includes a warm up, cardio workout and cool down phases all done with great music! Instructors Teresa Wheeler & Karyle Kramer

Tue/Thu, Jul 5 - Aug 25, 9:00 - 9:50AM, \$8 drop-in, \$60 all-summer pass.



Adult Practice & Play

(Adults, Advanced Beginner-Intermediate) This class includes 30 minutes of drilling and then an hour of match play in which the instructor offers suggestions, strategy and feedback. Instructor Karyle Kramer

Wed, July 6 - 20, 8:30 - 10:00AM, \$24

Doubles Tennis League

(Adults & youth 16+; recreational & competitive) Join us for this fun tennis league! Sign up individually; the tennis staff will form balanced teams of 6-8 players with a team captain. This year two divisions will be offered: A Recreational League for advanced beginner to intermediate players, and a Competitive League for intermediate to advanced players. Players will compete in doubles matches on Friday evenings. Teams will provide balls and snacks on a rotating basis. Coordinator: Teresa Wheeler

Rec League: Fri, Jul 8 - Aug 12, 5:00 - 6:30PM, \$20

Competitive: Fri, Jul 8 - Aug 12, 6:30 - 8:00PM, \$20



Youth Summer Camps, Trips & Special Events!

TEENS Grades 6-12: Mon - Thurs Noon-6pm FREE • Friday Noon-10pm FREE

YOUTH Grades K-5: Tues & Thurs 9am-Noon FREE

(Grade is based on 2010-11 school year.)

Specialty Camps ~ A great opportunity to escape the boredom this summer with a great mini-camp adventure.

YOUTH

Cowboy Chefs... July 18th-22nd grades 3-8 9am-1pm

Horse Camp... July 25th-29th ages 8-14 8:30am-12:30pm

Bowling Camp... Aug 8th-12th ages 7-17 9:30am-12:30pm

Wild About Whidbey... Aug 15-19th grades 1st-4th 9am-1pm

Space Cowboys Robotics Camp... Aug 29th - Sept 2nd grades K-3 9am-11:30am / grades 4th-8th 1pm-3:30pm

First Tee Golf... June 20 - July 27th Mon & Wed 10am-12pm

Aug 1st - Sept 7th Mon & Wed 10am-12pm

Challenger British Soccer Camps Aug 1st-5th ages 3-16 variety of times to register for at <http://registration.challengersports.com/findacamp>

LIL'COWPOKES

Seeds & Sunflowers... June 27th-July 1st
ages 4-6 9:30am-11:30am

Prairie Dog Games... July 11th-15th
ages 4-6 9:30am-11:30am

Western Stomp... August 22nd-26th ages 4-6
9:30am-11:30am

ADVENTURES UNLIMITED SUMMER DAY CAMP

Fun filled active days with sports, games, art & crafts and field trips. All designed just for your child's enjoyment.

TRIPS

Everett Children's Museum

July 25th grades K-3 8:30am-4:30pm

Wild Waves

August 22nd Grades 6-12 8am-8pm

Seattle Aquarium

June 27th grades 2-6 8:30am-4:30pm



Call for information, eligibility & fees 360-257-3150



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**Contact Cary Jurriaans
for more information.**

Jr. Team Tennis League

(Leagues for ages 5 - 18) United States Tennis Association Jr. Team Tennis is the largest youth tennis program in the country! Teams are co-ed and made up of 6-8 players balanced for age and skill level. Parent Volunteers manage the teams. The emphasis is on skill development, fun, and teamwork.

Visit the USTA website www.pnw.usta.com and click on "Jr. Team Tennis" for information. In addition to the league fee below, players must join (or already be) a USTA member. Junior membership is \$19/year and includes subscriptions and a JTT league team shirt. TO REGISTER: Contact Karyle Kramer, League Coordinator, kkandnb@whidbey.com or (360) 321-8499 to sign up—all registration is done online.

10 & Under League

Uses QuickStart format with modified courts, balls and scoring. Join any time before 7/21. The first four weeks will focus on learning and improving strokes and scoring. Participants will play matches the last two weeks of the league,

using modified scoring with an emphasis on effort, sportsmanship and fun! High school players will help with these practices, and parent volunteers are also needed. **Jamboree & Awards: August 11.**

Tue/Thu, Jul 5 - Aug 11, 3:00 - 4:00PM, \$25

18 & Under League

Join any time before 7/14. The first three weeks will focus on improving technique and consistency for all strokes, as well as singles and doubles strategy. The last three weeks will be match play, with an emphasis on effort, sportsmanship and fun! **Finale Party & Awards: August 11.**

Tue/Thu, Jul 5 - Aug 11, 4:00 - 6:00PM, \$35

10 & Under Tennis

(Ages 5-10, All Levels) 10 & Under tennis utilizes age-appropriate equipment, including smaller racquets, lower bouncing balls and smaller courts. This class includes lots of skill-building activities for both total beginners and players with some experience.

Ages 5 - 7:

T/W/TH, Jul 12 - 14, 10:00 - 11:00AM, \$24

Ages 5 - 7:

T/W/TH, Aug 2 - 4, 10:00 - 11:00AM, \$24

Ages 8 - 10:

T/W/TH Jul 12 - 14, 10:00 - 11:00AM, \$24

Ages 8 - 10:

T/W/TH Aug 2 - 4, 10:00 - 11:00AM, \$24

Serve, Rally & Score Tennis

(Ages 10-16, Beginner - Advanced) 2 levels of play: Beginners will learn basic strokes and strategy. Intermediate-advanced players will have lots of low-key, fun "match play" opportunities. Instructors: Teresa Wheeler and Karyle Kramer

Beginners/Adv. Beginners

T/W/Th, Jul 5 - 7, 11:00AM - Noon, \$24

T/W/Th, Jul 12 - 14, 11:00AM - Noon, \$24

T/W/Th, Aug 9 - 11, 10:00 - 11:00AM, \$24

Intermediate/Advanced

T/W/Th, Jul 5 - 7, 11:00AM - Noon, \$24

T/W/Th, Jul 12 - 14, 11:00AM - Noon, \$24



play marimba!

SUMMER CAMP



M-F AUGUST 1-5 • 9:30am-1:30 pm • Ages 6-14
concurrent classes will be grouped by age
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Cardio Tennis for High Schoolers

(Ages 15+, Advanced Beginner - Advanced) Cardio Tennis is a fun group activity featuring drills to give players of ALL abilities an ultimate high-energy workout. Cardio Tennis includes a warm up, cardio workout and cool down phases all done with great music! Instructors: Teresa Wheeler and Karyle Kramer

Tue/Thu, Jul 5 - Aug 25, 9:00 - 9:50AM,
\$8 drop in, \$60 all-summer pass.

Spring Youth Tennis Coming Soon

We plan to offer a spring tennis program for grades 4 - 8 in late April/May. Watch the website for updates and more information!



Tennis Instructors

Karyle Kramer, USPTA certified teaching professional, is our director of tennis. She enjoys working with players of all ages and abilities, and brings a fun atmosphere to the court with her upbeat style. Contact: kkandnb@whidbey.com or (360) 321-8499. Teresa Wheeler has been teaching tennis to South Whidbey children and adults since 1991. Her special interest is teaching tennis to new players of all ages, and welcoming back former players who would like to return to the lifetime sport of tennis for recreation and exercise. Contact: twheeler@whidbey.com

Sommer Albertsen joins us this summer as an Inclusive Support Assistant Instructor and will be helping this summer. Sommer has a bachelor's degree and five years of professional experience in Recreation Therapy. A former player in our youth summer program, Sommer is excited to return to South Whidbey and work with kids of all abilities.

Tennis Info

Location: SWHS Tennis Courts. Please bring racquet, water bottle, and wear appropriate tennis shoes. Loaner racquets are available. Rainouts: Weather make-ups will be scheduled by instructors as it applies. Refunds will not be issued due to make-up day conflicts. Call 221-5484 after 8:30AM for rain-out information.

HELP WANTED



Junior Counselors

Volunteer Craft Leader

Host Family for a British Soccer Coach

Group Fitness Instructors

For information regarding these opportunities, please visit our website: www.swparks.org

INSTRUCTORS WANTED

Do you have experience teaching art, fitness, movement, dance, or sports? Do you have a great idea, hobby or something new to add to our list of programs? If you answered yes to any of the above questions and have something you'd like to add to the schedule, give us a call! Contact Carrie Monforte at 221-6788 or email programs@whidbey.com to request a class proposal packet.

Great Summer Fun!



South Whidbey Children's Center SUMMER PROGRAM

- For children 5-11 years
- Sign up by the day, the week or for the whole summer
- Beach and Library Field Trips
- Community Service Trips
- Arts, Crafts, Sports, Cooking



Open Mon through Fri 6:30-5:30
Contact our office at 221-4499
120 Sixth Street, Langley
www.swchildrenscenter.com

Aquatics

The Open Water Clinics and Swim Lessons are brought to you by the South Whidbey Parks and Aquatics Foundation, a non-profit foundation whose mission is to make parks and aquatics activities accessible to all residents of the South Whidbey Island community by raising money to fund capital expenses, operating endowments and scholarships as well as supporting new and existing parks and aquatics programs. Information: info@swhidbeyparksandaquatics.org

Open Water Practice Sessions and Swim Workouts

(Adults 18+) Meet Thursday evenings to practice open water techniques and master the open water! Open water swimming presents unique challenges over swimming in a pool. Swimming in the lakes of South Whidbey is a delightful experience when the challenges of open water are managed. Whether you are a new swimmer, a triathlete, or interested in endurance swimming, come learn techniques to master the open water. For the Mini Mock Tri, you'll swim a distance roughly that of the Whidbey Tri, bike and run abbreviated. Allow more time for this session. The instruction team is comprised of active triathletes, very experienced Master swimmers, and Red Cross certified instructors. No lifeguard will be on duty.

Location: Goss Lake public access beach

Sighting & Drafting

Thu, Jun 30, 5:45 - 7:00PM, \$15

Group Swims & Starts

Thu, Jul 7, 5:45 - 7:00PM, \$15

Buoys

Thu, Jul 14, 5:45 - 7:00PM, \$15

Triathlon Transitions

Thu, Jul 21, 5:45 - 7:00PM, \$15

Mini Mock Tri

Thu, Jul 28, 5:45 - 7:00PM, \$20

Review & Practice Swim

Thu, Aug 4, 5:45 - 7:00PM, \$15

Huge Discount! \$60 for the entire series!

For more information about practice sessions for the Whidbey Adventure Swim, please email openwaterinfo@swhidbey.org or visit our open water website at ow.swhidbey.org

Summer Swim Lessons

(All levels, for ages 4+) A positive and fun experience will be provided by an enthusiastic, friendly and caring staff. This program teaches kids the basic fundamentals of swimming. We want your child not only to be comfortable and safe in the water, but also to be able to swim for fun and fitness for a lifetime. We have classes for beginners up to advanced swimmers. If you are not sure what level your child should begin at,

please visit www.swparks.org for details. Swim Lesson Coordinator: Kristi Eager.

Location: Useless Bay Golf and Country Club at 5725 Country Club Dr., Langley

Session 1 (For levels 1, 2, 3, 5):

M - F, Jul 5 - 15, 9:40 - 10:10AM, \$80

Session 2 (For levels 1, 2, 3, 4):

M - F, Jul 5 - 15, 10:15-10:45AM, \$80

There will be no makeup days due to personal reasons or weather conditions. We reserve the right to change the levels and times based on number of students enrolled.

Swim Club

(Youth ages 6 - 17) South Whidbey Swim Club (SWSC) is a semi-competitive club designed to provide instruction, training and encouragement to local young swimmers. Our goal is to foster a love of swimming so they can enjoy this sport the rest of their lives. Swimmers will improve technique in the four competitive strokes (freestyle, backstroke, breaststroke and butterfly). Swimmers will be placed in a practice group based on ability, age and space. The summer session will end with an intra squad swim meet and awards banquet. Swimmers must be able to swim one length of the pool freestyle with side breathing and one length of the pool backstroke.

Any new swimmers wishing to join must tryout with Coach Kristi Eager.

Gear needed: an appropriate swim suit (jammers for boys, one piece for girls), goggles, swim cap and swim fins. New swimmers will be provided a SWSC team cap. Contact Kristi for questions: keager6@gmail.com Coaches: Kristi Eager, Andy McRea, and Krista Loercher.

Location: Useless Bay Golf and Country Club

Swim Club Tryouts: Tue, Jun 14, 5:00PM

Practice Schedule Gold & Silver: M/W/F, Jun 27 - Aug 4, 8:00 - 8:50AM, \$125

Adv. Bronze & Bronze: M/W/F, Jun 27 - Aug 4, 8:50 - 9:30AM, \$125

Swim Meet: Wed, Aug 3, 5:00 - 7:00PM

Awards Banquet: Thu, Aug 4, 6:00PM






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